



# SOUTHEAST NEWS

December 2008 - January 2009

Southeast Elementary School, 134 Warrenville Rd., Mansfield Center, CT 06250 423-1611

Dear Parents/Guardians,

This week was American Education Week. The theme this year was *Great Public Schools: A Basic Right and Our Responsibility*. The National Education Association spotlighted "the importance of providing every child in America with a quality public education from kindergarten through college, and the need for everyone to do his or her part in making public schools great." Throughout this week NEA was "calling upon America to provide students with quality public schools so that they can grow, prosper, and achieve in the 21<sup>st</sup> century." One of my favorite quotes by Mark Twain is "Out of the public schools grows the greatness of a nation." I am extremely proud of our Southeast Staff for all the wonderful things they do to provide your children with a quality public education. I applaud them for their efforts!

Progress Reports are arriving at your homes today. This is a good time for you and your child to talk about school progress and to set goals for the rest of the school year. Take a few minutes to review the progress report together and jot down any questions that you may have regarding grades given. Please bring these questions to your scheduled Parent-Teacher conference so that you can share them with your child's teacher/s.

Have a wonderful Thanksgiving!

Fondly,  
Norma Fisher-Doiron



## Thanksgiving Feast

The Southeast Elementary Community enjoyed a delicious Thanksgiving Feast prepared by Mrs. Gagne and Mrs. Fraser.

The wonderful gathering of staff, students, parents and community members enjoyed fantastic entertainment provided by our talented students as well. We are all grateful for the energetic volunteers that arrived early to set-up, serve and clean-up for this special celebration day. Southeast would like to express heartfelt thanks to our lunch program staff, volunteers and student performers for all of their hard work and thoughtful effort for our annual Thanksgiving Feast.

## Calendar of Events

### November

- Nov. 24. .... 12:45 Early Closing  
1:20 - 4:40 pm Parent - Teacher Conferences
- Nov. 25. .... 12:45 Early Closing  
6:00 - 8:00 pm Parent - Teacher Conferences
- Nov. 26. .... 10:45 Turkey Trot  
12:45 Early Closing
- Nov. 27. .... NO SCHOOL - Thanksgiving Day
- Nov. 28. .... NO SCHOOL - Thanksgiving Break



### December

- Dec. 21 - 29. .... Hanukkah begins at sundown on Dec. 21st
- Dec. 24 - Jan. 2. ... NO SCHOOL - Christmas Holiday  
and Winter Vacation



### January

- Jan. 5. .... Trestle Tree begins  
6:00 Parents' Hour  
7:00 PTO Meeting
- Jan. 8. .... CAS Student Leadership Conference
- Jan. 19. .... NO SCHOOL - Martin Luther King, Jr. Day
- Jan. 21. .... 4th Grade Ice Skating field trip
- Jan. 22. .... 3rd Grade field trip to Sweeney School



## WINTER WEATHER, DELAYED OPENINGS, EMERGENCY EARLY CLOSINGS



During the winter months, the possibility exists for storms that would require the Superintendent to order a delayed opening or emergency early closing. If school is delayed by 90 minutes, school will start at 10:30 and students should arrive **no earlier than 10:15**. **There is no before school child care available.**

Just a reminder . . . be aware of delayed openings and early closings or cancellations by listening to the radio or TV and to make arrangements for childcare.

For more information about delays and emergency early closings, please log on to our website.

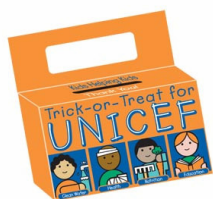
Attendance Line/Nurse: 423-2793

Please visit our website [www.mansfieldct.org/schools/southeast](http://www.mansfieldct.org/schools/southeast)



## Mrs. Fisher-Doiron Goes to Washington, D.C.

We continue to celebrate Mrs. Fisher-Doiron as Connecticut's 2008 National Distinguished Principal. Shortly after Mrs. Fisher-Doiron returned from her trip to Washington, D.C., The Connecticut Association of Schools held an awards banquet to honor her and other distinguished CT administrators. You may have seen the plaques and awards from these recent events on the office counter. We invite you to follow Mrs. Fisher-Doiron's "adventures" this year by visiting her blog. You will be able to find information about the National Distinguished Principal Program, see a slideshow of her trip to Washington, and read about Mrs. Fisher-Doiron's ideas for constructive school change. We hope this will be a place to leave congratulatory messages or your favorite Southeast story. The blog address is [mrsfisherdoiron\(dot\)blogspot\(dot\)com](http://mrsfisherdoiron.blogspot.com). Pass it on to any Southeast alumnae that you know. And watch for an announcement for a community celebration that is currently being planned for late February 2009.



## Trick-or-Treat for UNICEF

This year's contribution to UNICEF, from the children of Southeast School amounted to over \$500.00.

## Southeast is proud to be a Green School

In addition to all of the great environmental programs we have undertaken, Southeast staff members have created an Energy Conservation Committee. This committee was formed based on a Mansfield Board of Education initiative to encourage creative ideas from each building community related to "efficient and effective use of energy". Our committee consists of Southeast teachers and staff, a UConn intern, town employees and community members. We invite parent input as well, either at our meetings or as a resource person.

Our next meeting is scheduled for **Monday, Dec. 15<sup>th</sup> from 8:15 - 8:45 a.m. in the Enrichment Room (Rm. 22)**. Of course, we have student committee members hard at work on this topic as well. Contact our Enrichment Teacher, Susan Irvine for more information on the Energy Conservation Committee.



## Learning Basic Facts

Many children struggle with learning basic facts. Teachers spend a great deal of time helping students develop number sense. This in turn helps students to invent, share, and refine strategies in the classroom. Basic facts are useful in estimation and mental math. For example, students can use their knowledge of  $8 \times 4 = 32$  to know that a reasonable estimate for  $84 \times 41$  is  $80 \times 40 = 320$ . So what can you do as parents? Help your child by practicing their basic facts. First, set a reasonable goal. "Let's see if we can learn all the +1 facts for the numbers 0 - 9 in one week." Then spend about 10 minutes, 4 times a week, helping your child practice the facts. Make flashcards or play a game that helps them learn their facts. Ask them to explain their thinking. We need your help if they are to know their facts with automaticity. Be patient and remember that it takes a village to raise a child.

## Addition Strategies

When students see the basic addition and subtraction fact as isolated bits of information, they struggle because each fact seems like a new problem. They may attempt to memorize the facts or use inefficient strategies like counting on their fingers. However, when students make generalizations about the number relationships in groups of related facts, they can use those generalizations to make sense of the facts and solve unknown facts or compute with larger numbers. Here are the basic addition strategies.

Karen Moylan, Math Consultant

ADDITION STRATEGIES		
Name of Strategy	Examples	Extension to Larger Numbers
<b>Zero Facts (+0)</b>	$7 + 0 = 7$ $0 + 14 = 14$	$387 + 0 = 387$ $26 + 0 = 26$
<b>Counting On (+1, +2, +3)</b>	$6 + 1 = 7$ $4 + 2 = 6$ $3 + 8 = 11$	$391 + 1 = 392$ $27 + 2 = 29$ $115 + 3 = 118$
<b>Doubles</b>	$7 + 7 = 14$ $3 + 3 = 6$	$125 + 125 = 250$ $14 + 14 = 28$
<b>Neighbors (also called Doubles +1)</b>	$3 + 4 = 7$ $7 + 8 = 15$	$304 + 303 = 607$ $13 + 14 = 27$
<b>Make Ten (=10)</b>	$7 + 3 = 10$ $6 + 4 = 10$	$20 + 80 = 100$ $300 + 700 = 1000$
<b>Fast Tens (+10)</b>	$10 + 5 = 15$ $8 + 10 = 18$	$247 + 10 = 257$ $28 + 10 = 38$
<b>Fast Nines (+9)</b>	$9 + 5 = 14$ $7 + 9 = 16$	No extension suggested at this time



## School Bell

The bell system is being reinstituted in the next few weeks. The bell rings at 8:55 in the morning to start our school day, and again at 3:30 in the afternoon to mark the end of the day. Please note that students arriving after the bell will be marked tardy.



## **Stories for Southeast**

*The Gift That Keeps on Giving*

We would like to thank the individuals below for their purchase of the following books for our school library:

- Pirates Eat Porridge....To our invaluable kitchen staff- Thank you for all your hard work in feeding the hungry bellies of Southeast....Fondly, the Southeast Staff
- It's My School...To our invaluable office staff- Thank you for all you do to make Southeast School a wonderful community.....Fondly, The Southeast Staff
- Hanni and Beth: Safe & Sound...In loving memory of Dorothy G. Allen, mother of Connie Ziko. September 2008....From Norma Fisher-Doiron
- Water Boy...In loving memory of Dorothy G. Allen, mother of Connie Ziko. September 2008....From Norma Fisher-Doiron
- The Finders Keepers Mystery...In loving memory of Dorothy G. Allen, mother of Connie Ziko. September 2008....From the Southeast PTO
- Website of the Cracked Cookies...Southeast Teachers and staff are a true blessing....Thank you for your hard work...From Amy Porter and Family
- The Year of the Rat...Happy 8th Birthday, Mairi....From Mommy, Daddy, and Magnus
- The Pigeon Finds a Hot Dog...Happy 4th Birthday, Magnus....From Mommy, Daddy, and Mairi
- Book Fair Day...For Cyrus Kugelmass. Happy 6th Birthday!....Love Mommy and Daddy
- Guji - Guji....For Cossette Choi and all of her classmates in Mrs. Robichaud's class....From Mom
- Annie and Snowball and the Dress-up Birthday...Happy 6th Birthday to Annie Tolis....From Mommy and Daddy
- That Rabbit Belongs to Emily Brown....Happy 6th Birthday to Andreas Tolis....From Mommy and Daddy
- T. Rex and the Mother's Day Hug...In loving memory of Helen Seaver. Mother, caregiver and grandma extraordinaire! (Mother of Pam Roberts) ....From Norma Fisher-Doiron
- Goose and Duck....In loving memory of Helen Seaver. Mother, caregiver and grandma extraordinaire! ..From the Southeast Staff
- The Trouble With Twins....In loving memory of Helen Seaver. Mother, caregiver and grandma extraordinaire! ....From the Southeast PTO
- Just Grace Walks the Dog...Happy 8th Birthday Leah! Love you....From Mom, Dad, and Timothy
- Piano Starts Here: The Young Art Tatum...Make Music! For Oscar Wilson....From A. Finger and G. Lewis
- Kaline Klattermaster's Tree House...For Gina Sydnie, With hope that your imagination may always be encouraged by the reading of good stories....Love Granny Hazel and Grandpa Eddie
- Sharks....For Elias Daniel Young on his 6th Birthday.....Love, Mami

If you are interested in purchasing a book for our library, please contact Linda Sydnie at 423-1282 or email at [lsydnie@snet.net](mailto:lsydnie@snet.net) for more information.



## **PTO Happenings**

### **Election Day Bake Sale**

Thank you to all the people who donated baked goods, volunteered their time to help sell (or baby sit), and to those who make monetary donations toward the Election Day Bake Sale.

Special thanks to Louanne Cooley for organizing this event. It was another successful bake sale for Southeast School!



### **What is the PTO?**

The purpose of the PTO is to promote the health, education and welfare of children and to promote communication between parents and students, educators and the community.

By joining the PTO, you join a group committed to helping each and every child at Southeast School have an extraordinary school year. Among the ways the PTO will accomplish this is by: providing programs for parent education; student enrichment; organizing family fun events to help students and families build school spirit; and conducting events and programs that show appreciation for teachers and volunteers. Many of these activities and events are funded solely by the PTO.

The PTO needs you! Our many committees, fundraisers, and activities cannot happen without the help of all of you. Whether you have 20 hours a week or 20 minutes a month, we have the perfect way for you to contribute. There's room for everyone.

**JOIN TODAY!**

## **THE GIVING TREE**

Every year we put up an evergreen tree in the office for children to decorate with mittens, scarves and hats for local families in need, beginning November 24<sup>th</sup>. Both adult and children sizes are needed. We are requesting that all donations come in prior to December 19<sup>th</sup>. The items will be picked up by the Mansfield Services Youth Department for distribution. The children really enjoy seeing the tree fill up and knowing that they have helped keep someone else warm during these cold winter days.



Monetary donations to Mansfield Youth Services will be accepted this year as well.

*Thank you so much for your community support.*



### ***Listen up!***

Having trouble getting your child's attention? Here's an idea teachers often use in the classroom. Rather than yelling, talk softly or even whisper. Chances are, your youngster will quiet down to hear what you're saying.



## December is Stress Relief Month

This time of year is particularly hectic, and along with all the hustle and bustle of getting ready for the holiday season, comes tension and stress. For this reason, December is nationally recognized as Stress Relief Month. There are several things we can do to minimize stress so that we can enjoy the holidays and our families.

### STRESS-LESS TIPS FOR THE HOLIDAYS

- **Make a list of all the things** you and your family like and dislike about the holidays. Build your own traditions around the highest-scoring "likes".
- **Take care of your body:**
  - \* Get at least 30 minutes of brisk exercise every day- even a brisk walk is great.
  - \* Stop eating when you are full, but don't skip meals either.
  - \* Allow yourself a few holiday treats, but don't overdo.
  - \* Get plenty of sleep.
  - \* Limit Alcoholic drinks to one or two a day.
  - \* Of course, do not drink and drive, and fasten your seat belt.
- **Take care of your spirit.** Give yourself at least a couple of days to do what you want to do.
- **Realize that you are not solely responsible** for making the holidays special for everyone else.
- **Don't accept every invitation** you receive, or you'll run yourself ragged. It's OK to send your regrets.
- **If this is your first holiday after** ending a relationship, getting a divorce, or the death of a loved one, remove yourself from reminders of the past. Give yourself new memories by doing something you've never done before.
- **Give time and friendship** rather than presents. Share yourself with family, friends and the community by volunteering at a homeless shelter or driving a housebound friend/neighbor around the neighborhood to see the holiday decorations.
- **Keep your sense of humor.** If the soufflé looks like a pancake, it's not the end of the world. Actually, you will probably laugh at it....next year.
- **Count your blessings.** Look around and really appreciate the things you take for granted on a daily basis. "I murmured that I had no shoes, until I met a man who had no feet." -- Persian Proverb

## DRESSING FOR WINTER

Now that the cold weather is here, dressing your child appropriately for the weather is important. Students will be sent outdoors for recess, weather permitting. It is important for the students to go out in the fresh air and exercise. Please be sure your child has a winter coat, gloves or mittens and hat.



For your child's comfort please include boots, snow pants and an extra pair of dry socks when there is snow on the ground.

*Thank you for your extra effort.*

## January is Glaucoma Awareness Month

### What It Is:

Glaucoma damages the optic nerve. The optic nerve is the part of the eye that carries the images we see to the brain.

### What You Need To Do:

Get regular eye exams by an ophthalmologist (Eye M.D.). If your vision seems blurry, if you have severe eye pain, or if you see rainbow-colored halos around lights, call your Eye M.D. right away.

### Why It's Important::

Glaucoma is a leading cause of blindness in the United States. Early treatment can often prevent loss of sight.

### The Most Important Risk Factors for Glaucoma Include:

- age (60 years and older)
- elevated eye pressure
- family history of glaucoma
- African or Spanish ancestry
- farsightedness or nearsightedness
- past eye injuries
- steroid use
- other health problems like diabetes or migraine headaches



Your Eye M.D. will weigh all of these factors before deciding whether you need treatment. You may simply need to be monitored closely. This means your risk of developing glaucoma is higher than normal. Make sure to have regular examinations to detect the early signs of damage to the optic nerve.

### Recommended intervals for eye exams are:

- Ages 20 to 29: Individuals of African descent or with a family history of glaucoma should have an eye exam every 3 to 5 years. Others should have an eye exam at least once during this period.
- Ages 30 to 39: Individuals of African descent or with a family history of glaucoma should have an eye exam every 2 to 4 years. Others should have an eye exam at least twice during this period.
- Ages 40 to 64: Every 2 to 4 years.
- Ages 65 or older: Every 1 to 2 years